

École Seaforth Elementary School

Spirit Day

April 25, 2014

A School and Community Conference

INTERMEDIATE Student (Gr 4-7) Workshops

We are grateful to the following people and groups for sharing their time & expertise to make Spirit Day possible for our students:

Mrs. Laura Thomsen & Mr. Phil Thomsen - A Danish's Touch

Mr. Anil Khanna

Mrs. Lynne Vidler, Mr. Brian Vidler & Mrs. Anne Deliyannides

Mrs. Glavas, Mrs. Hanson & Mrs. Robson

Mme. Papapanagiotou

Mme. Whitney

Mr. Curtis Gerlinger - Burnaby Mountain Karate

Ms. Leslie Wilson - De Danaan Irish Dancers

Mme. Richter

Mrs. Moore & Mr. Lapthorne

Ms. Lori Isfeld & Mr. Eduardo Rios

M. March

Ms. Lubna Dalupang

Mrs. Birdie Chan

Ms. Monika Gray

Ms. Sandra Riches - AdventureSmart Canada

Mr. Zoltan Nemeth

Let's Talk Science SFU

Mrs. Penny Chisholm

Mrs. Bastone, Mrs. Kaga & Mrs. Graham

Miss Tazumi

Continued...

Mrs. Suzanne de Montigny

Mrs. Ammi Tran

Ms. Candyse Roberts - GardenWorks Burnaby

Mrs. Teri Lam, Mrs. Sharon Sami & Mrs. Sandra Mankoo,

Mrs. Phyllis Tong & Mrs. Annie Hobson

Mr. Jodie Marshall

Mrs. Shemina Patni

Ms. Priscilla So- Innergy Corporate Yoga Inc.

Mrs. Cynthia Ghanason & Mrs. Simona Cartina

Mrs. Cheryl Tong

Mr. Jack Allen - Pacific Assistance Dogs

Ms. Sonica Gurjal - Dancin' Stars School of the Performing Arts

Mrs. Gail Bonner - SweetPan Entertainment

Mr. Kevin Williams - Amazon Canada

Ms. Heather Allen - St. John's Ambulance

Mrs. Mollica & Ms. Cheung

Mrs. Jennifer Heft

Mr. Peter Chow-White

Your 2014 Spirit Day Committee

June Brimacombe

Holly Chan

Paulina Chow-White

Marie Dickens

Lisa Framingham

Mary Holmes

Janet Lee

Mike van Lo

Eszter Nemeth

Cheryl Tong

Eva Yip

Gail Su

SEAFORTH SPIRIT DAY

Friday April 25, 2014

INTERMEDIATE Workshop Program

Dear Parents and Students,

On the following pages you will find workshop offerings for our "Around the World Spirit Day 2014". We have some wonderful workshops for you this year, and we are looking forward to our 8th Annual Spirit Day.

We have produced two catalogs: one each for Primary and Intermediate Students. This is the INTERMEDIATE STUDENT Catalog, which contains listings and descriptions of all workshops that all intermediate students are eligible to attend.

For the purposes of this program, INTERMEDIATE Students are those in Grades 4-7.

The numbers in parenthesis are the number of available spaces in each workshop. We will make every effort to place you in the workshops of your choice - please be sure to mark your first, second, third and fourth choices on your form.

There are some workshops that are open only to students in specific grades, these exceptions are highlighted in yellow.

Some workshops ask that you bring or wear something on Spirit Day, those are noted in RED. Please try to remember what you need to bring.

Have fun choosing your workshops.

Remember, your completed form is due back to school by **MARCH 12th**

Seaforth Spirit Day Student Workshop Selection

Dear Students and Parents:

The Spirit Day Program for Friday April 25, 2014 is now complete! The catalogue of workshops will be also available online at the PAC website: www.seaforthpac.net . If you need to consult a printed copy of the catalogue, one will be available at the counter of the school office.

Please return your completed forms by Wednesday March 12th to the school. As workshops fill up quickly, it is very important that students not only list their top preference for each session, but also **3 alternatives for each session**. Students will be placed into workshops over Spring Break, so the forms need to be in on time.

If we do not receive your form by the due date, workshop selections will be made for you based on availability.

The schedule for Spirit Day is as follows:

8:55am	Opening & Attendance
9:15 – 10:15am	Session A
10:15 – 10:45am	Recess Break
10:45 – 11:45am	Session B
11:45 – 12:45pm	Lunch Break
12:45pm	Attendance in Home Rooms
1:00 – 2:00pm	Session C
2:15pm	Students Dismissed from Home Rooms

When selecting sessions with your child, please note the following:

- The letters "A, B, or C" indicate the time of the sessions (A: Morning, B: Mid-morning, C: Afternoon).
- The letters "O, P, or I" indicate workshop age groups (O: Open/All Ages, P: Primary, I: Intermediate).
- There are separate Primary and Intermediate catalogues. Please ensure you select courses ONLY from the catalogue for your child's age group. Some sessions have indicated special age groupings and these exceptions are noted in the session description and highlighted in **YELLOW**.
- The number in parenthesis indicates the maximum number of students allowed in the session.

 **Please return the bottom of this form by Wednesday March 12th.** 

Student Name:					Div:		Grade:	
List Session # Only!	1 st Choice	2 nd Choice	3 rd Choice	4 th Choice				
Session A								
Session B								
Session C								

Session A: 9:15 - 10:15am

A2-I Woodworking (6)

Laura & Phil Thomsen

This class is an introduction to basic woodworking skills and tools. Students will make and finish a simple project to take home .

***** Wear a Smock or Old Shirt *****

A3-I Introduction to Cricket (16)

Anil Khanna

In this workshop, you will learn the basics of this exciting and international sport. Skills such as Batting, Bowling, and Fielding will be taught along with other training and drills. Students will have the opportunity to use these skills in a fun game.

***** Gym Attire is recommended *****

A4-I Spa Science (16)

Lynne Vidler, Anne Deliyannides & Brian Vidler

Explore the real chemistry behind your favorite beauty products and whip up a few things to take home! You will learn to use natural ingredients to make cool concoctions to use as gifts or to keep for yourself!

A6-I My Big Fat Greek Centre! (15)

Mme. Papapanagiotou

Travel to Greece for delicious treats, culture & dance. No experience needed for this "Big Fat Greek Centre" here at Seaforth!

A7-I New Caledonian Crested Geckos (24)

Mme. Whitney

Learn about keeping crested geckos as pets! You will have a chance to learn about how to care for geckos, and get the chance to meet Mme. Whitney's 8 friendly geckos. Crested geckos come from New Caledonia - close to Australia!

A8-I Okinawan Karate (20)

Burnaby Mountain Karate

Take a trip to old Okinawa and Japan to learn martial art skills and why people used them!

***** Gym Attire is recommended *****

A10-I Advice from Nature (15)

Mme. Richter

This is a combination of art and calligraphy. Nature & Animals around us have something to teach us - Come Explore!

A13-I Flip Book Animation (20) - DOUBLE BLOCK A & B -

M. March

Learn how to draw and make your own animated flip book. Paper will be provided. This is a DOUBLE BLOCK workshop which covers Session A and Session B, so if you choose this workshop LEAVE SESSION "B" BLANK.

***** Please bring a Pencil & a Good Eraser *****

A15-O Card Making (15)

Birdie Chan

Do you need a card for that special occasion? Or do you just like to make cards? We will make 3 cards that you can use for any occasion.

***** Please bring Scissors & a Glue Stick *****

A17-I Hands on Science (15)

Monika Gray

Learn to do science experiments using everyday items you can find at home! We will make Frankenstein's Hand, Elephant Toothpaste, a Balloon on a Stick, a Cola Geiser & much more.

A21-I Around your Body - Lungs (25)

Let's Talk Science SFU

Learn about your lungs and make a Lung in a Cup!

A22-I Colours & Symbolism of the Canadian Flag (10)

Penny Chisholm

We will discuss the facts, colours & symbolism of the Canadian Flag. Each student will have the opportunity to create their own Canadian Flag Cookie in the colours red & white using the flooding method.

A25-I Becoming an Author - It's not too soon! (30)

Suzanne de Montigny

Learn about becoming an author and how it's not too soon to begin. We'll take a look at blogging, guest blogging and how to get your story out there. We will also create a spontaneous group story!

A28-I HERBS from Around the World (30)

GardenWorks Burnaby

Learn about the different types of herbs you can use to make delicious dishes. Learn proper planting methods and how to care for your herb garden and plant some yummy herbs to take home.

***** Please bring a Pencil *****

A37-I The SteelBand (20)

Gail Bonner - SweetPan Entertainment

Come for a visit to the Caribbean and listen to the sweet tropical sounds of a SteelPan Drum, a percussion instrument originating from the islands of Trinidad and Tobago! This is a simple introduction to the Caribbean SteelPan Instrument: How it was created, its history, the different types of drums and more. Students will have the opportunity to learn to play a simple tune on the drums!

A38-I Amazing Amazon Online Shopping (12)

Kevin Williams - Amazon Canada

Do you like to shop? Come learn the ins and outs of online shopping, how to find deals, how to be safe online and more. You will leave this workshop with an understanding of what happens after you click "purchase" - how the product gets from Amazon or any other online retailer, to your doorstep. A must for anyone who spends time online.

A39-I First Aid & Emergency Preparedness (15)

Heather Allen - St. John's Ambulance

St. John's Ambulance has been providing first aid training to Canadians for decades. In his session we will review, touch, feel, talk about what goes into a good first aid kit, and an emergency preparedness kit for home. Then together we will build a "Kids Kit" that you can keep in your backpack so you will always be prepared!

A41-I Science Fun - "Marble Run" & More! (20)

Mrs. Mollica & Ms. Cheung

In this fun workshop you will do various science experiments, including Mrs. Mollica's world famous "Marble Run". You will also have the chance to experiment with an exotic polymer to create.....nope - you'll have to sign up to find out!

A42-I Basketball! (12)

Gr 4 & 5 ONLY

Peter Chow-White

You will be introduced to the fundamentals of basketball and athletic literacy. This one-hour session will teach you the basics of Passing, Shooting, Dribbling and if time permits, we will end with a mini game.

***** Gym Attire is recommended *****

Session B: 10:45 - 11:45 AM

B7-I New Caledonian Crested Geckos (24)

Mme. Whitney

Learn about keeping crested geckos as pets! You will have a chance to learn about how to care for geckos, and get the chance to meet Mme. Whitney's 8 friendly geckos. Crested geckos come from New Caledonia - close to Australia!

B11-I Introduction to Flag Football (24) Gr. 4 & 5 ONLY Mrs. Moore & Mr. Lapthorne

This course is designed to develop an awareness of the flag football concept and teach basic offensive and defensive strategies. Student should be prepared to participate Rain or Shine.

***** Gym Attire is recommended *****

B14-I Zumba! (25)

Lubna Dalupang

This workshop features exciting music & moves that will get you movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's ok to just be yourself and dance like no one's watching! We combine fitness & dance in an effort to promote wellness for a lifetime!

***** Gym Attire is recommended *****

B15-O Card Making (15)

Birdie Chan

Do you need a card for that special occasion? Or do you just like to make cards? We will make 3 cards that you can use for any occasion.

***** Please bring Scissors & a Glue Stick *****

B17-I Hands on Science (15)

Monika Gray

Learn to do science experiments using everyday items you can find at home! We will make Frankenstein's Hand, Elephant Toothpaste, a Balloon on a Stick, a Cola Geiser & much more.

B18-O Outdoor Safety, Search & Rescue (60)

Sandra Ritches - AdventureSmart

AdventureSmart is a national search & rescue programme. Our programmes focus on outdoor safety, trip planning, taking essential gear & being prepared. We teach you how to prepare before heading outdoors, but also what to do if you get lost or in trouble in the mountains or separated from your family or friends. Our sessions are educational, fun, interactive & practical.

B21-I Around your Body - Lungs (25)

Let's Talk Science SFU

Learn about your lungs and make a Lung in a Cup!

B22-I Colours & Symbolism of the Canadian Flag (10)

Penny Chisholm

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Suzanne de Montigny

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B29-I Beginners Origami (20)

**Teri Lam, Sharon Sami, Sandra Mankoo,
Phyllis Tong & Annie Hobson**

Learn about this ancient Japanese paper folding art and how to make cool paper projects on your own!

***** Please bring Scissors *****

B32-O Yoga for Kids (30)

Priscilla So - Innergy Corporate Yoga Inc.

This workshop will consist of gentle Hatha Yoga along with some other components such as singing and dancing. You will learn the benefits of doing yoga such as improving your physical and mental health.

***** Gym Attire is recommended *****

B35-I Assistance Dogs in the Community (30)

Pacific Assistance Dogs

This workshop will introduce you to the world of Pacific Assistance Dogs: an overview of the charitable organization, its service to physically challenged people, and its training of dogs from puppies and advanced kennel dogs to full service dogs. This workshop will feature a power point presentation, audience interaction and participation, and demonstrations featuring a pup and its raiser, a demonstration dog and its handler and a dog in service with its client.

B36-I Hip Hop (40)

Dancin' Stars School of the Performing Arts

Do you feel like dancing? If so, this class is for you! In this fun class you will learn basic techniques which we will put together for our own unique dance combo!

***** Gym Attire is recommended *****

B37-I The SteelBand (20)

Gail Bonner – SweetPan Entertainment

Come for a visit to the Caribbean and listen to the sweet tropical sounds of a SteelPan Drum, a percussion instrument originating from the islands of Trinidad and Tobago! This is a simple introduction to the Caribbean SteelPan Instrument: How it was created, its history, the different types of drums and more. Students will have the opportunity to learn to play a simple tune on the drums!

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Peter Chow-White

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***** Gym Attire is recommended *****

Session C: 1:00 - 2:00pm

C9-I Irish Dancing (25)

De Danaan Irish Dancers

Come learn the Basic Irish Dancing Soft Shoe Technique. Watch our demonstration and then learn some basic steps of this famous dance!

***** Gym Attire is recommended *****

C10-I Advice from Nature (15)

Mme. Richter

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C11-I Introduction to Flag Football (24) Gr. 6 & 7 ONLY

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C12-I Mexican Mariachi & Tacos (12)

Lori Isfeld & Eduardo Rios

Listen to music played by a real life Mariachi player & learn how to make your own simple beef taco. Delicioso!

C16-I Make a Travel Journal (15)

Birdie Chan

We will make a Journal/Scrapbook that you can use to record memories from a trip you took or for an upcoming trip!

***** Please bring Scissors & a Glue Stick *****

C19-I World of Oceans - Scuba Diving (12)

Zoltan Nemeth

The largest part of our world is the Oceans. Learn interesting facts about those waters, water safety & how to be part of it. There will be a scuba gear demonstration.

C21-I Around your Body - Lungs (25)

Let's Talk Science SFU

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C25-I Becoming an Author - It's not too soon! (30) Suzanne de Montigny

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C20-I Volleyball Skillz Clinic (20) Ammi Tran

Learn and improve on basic volleyball skills such as Volleying, Bumping, Serving, Setting and Spiking.

***** Gym Attire is recommended *****

C30-I First Aid & Safety Tips for Kids (30) Jodie Marshall

Learn the basics of First Aid & Safety in this workshop. You will have the chance to practice recognizing when help is needed, calling for help and assisting the injured person until help arrives. In this workshop you will also have the opportunity to tour an Ambulance.

C34-I Make Friendship Bracelets (15) Cheryl Tong

Making Friendship Bracelets is the newest craze! Come and learn to make friendship bracelets of all sorts of colour combinations out of inexpensive embroidery thread. You must be proficient in tying your own shoelaces to attend this workshop!

C38-I Amazing Amazon Online Shopping (12) Kevin Williams - Amazon Canada

Do you like to shop? Come learn the ins and outs of online shopping, how to find deals, how to be safe online and more. You will leave this workshop with an understanding of what happens after you click "purchase" - how the product gets from Amazon or any other online retailer, to your doorstep. A must for anyone who spends time online

C40-I Springtime Pinwheel Craft (20) Jennifer Heft

As Spring approaches, the stores are filled with outdoor toys and decorations. In this workshop you will learn to make your very own Pinwheel to play with or to decorate your yard or room. These are just like the ones you see in the stores, only better because they will have your personal touches to make them extra special!

***** Please bring: Scissors, Pencil, Ruler & a small Hole Punch (if you have one), and a plastic bag to take your treasures and supplies home. *****